

VOICE TRAINING

GET A DEEPER VOICE IN
7 DAYS OR LESS

2nd
Edition



GET WOMEN USING
SOCIAL SKILLS, INFLUENCE
AND ATTRACTION!

★★★ ROBERT MOORE ★★★

Voice Training

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***Get Women Using Power, Influence &
Attraction!***

Robert Moore

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Introduction

Hey badass!

I want to thank you and congratulate you for downloading *Voice Training*.

You clearly want to stand out in your business life or in your social circle.

Now you are one step closer to your vision.

This book contains proven steps and strategies on how to train your voice, with easy and effective mouth and voice strengthening exercises, along with some tips and tricks.

You'll learn how leveraging your voice and tonality (with the rapid-acting methods I'll show you) quickly boosts peoples' perception of you.

You're about to discover how a master storyteller can hold people rapt, fully engaged and hanging on every word he says, and you're going to become a powerful speaker just like him.

Always remember that a deep, confident voice makes you a high-status LEADER.

Just imagine for a moment: if the greatest and most successful people of the world had a shy, unsteady, flickering voice, which sub-communicates low self-esteem and inner weakness... would you still respect them?

Probably not as much.

In the following chapters, I'll give you the tools that I personally used to make my voice louder, stronger and deeper in just a few days.

I want to congratulate you on taking action, on pushing your personal boundaries and recognizing just how important and powerful attaining HIGH STATUS will be to your life.

It's time to unleash your inner badass voice.

It's time to DOMINATE your path.

PS: do you want my best tips and proven techniques for attracting, seducing and literally make her crazy for you?

Then, you should [click here](#) right now!

Or you can click on this link: <http://bit.ly/7UntoldSecrets>

What are you waiting for? It's a **FREE BOOK** just for you!

Believe me, badass: this sh*t will change your life, you won't regret it!

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Why a High-Status Voice Is So Powerful

During your life, you probably have been in different social situations and encounters. I mean, you heard so many voices in your life, so many speeches, in TV, in real life or on the phone.

You probably learned that no matter what you're saying or what you're doing, if it's coming through a crappy voice no one wants to hear. Someone can be telling the most amazing story but if it sounds f***ing annoying, you simply don't want to hear.

On the other hand, if someone has a FANTASTIC, commanding, powerful voice, and he's also telling an interesting story, you will probably want to hear.

The question is: *why*?

What makes a high status voice so powerful?

Why is it so attractive and influential?

Reason #1:

Voice is one of your most important *sub-communications*, that lets people know what status level you perceive yourself as.

Now, read that phrase at least three times. And then write it down. Then read what you wrote. You're welcome.

And from now on, remember this: "*the world tends to accept the judgment YOU place on yourself*".

If you think you're confident and powerful and you're making it clear to the world, then it will quickly accept the fact that you are awesome.

In contrast, if you perceive yourself as someone not that fantastic, or not that worthy, the world will believe the same.

So, if someone hears your voice, he or she is getting really quickly what status level you perceive yourself as.

Are you talking aloud because you think you're worthy and people should hear you? Or are you talking quieter, because you don't believe in yourself, in your value? See *finesse tip #1* in the back chapter of this book.

Are you talking at your own pace or are you conditioned by outside events?

Are you directly participating in a proactive way? Or maybe are you just standing there, without making your opinion clear?

So, henceforth let people perceive your inner power.

Reason #2:

Being a good communicator is, in general, powerful on itself.

It shows that you're used to people listening to you, being affected by you and by your words.

Speaking with a clear, commanding voice is a display of your social intelligence.

Who else in history had great voices? Political leaders, world-class actors, every leader in general. When you exhibit your inner badass voice, people tend to associate leadership qualities and potential with you. See *finesse tip #2* in the back chapter of this book.

Think about a guy who is telling an interesting story to his friends, and they are all listening with rapture, looking at him with their mouths open.

A good communicator ALWAYS stands out: imagine yourself going to a business meeting with a fantastic, commanding vocal presence and being recognized as the most valuable, powerful person in the group.

Probably you'll be recognized as a leader, because most people nowadays have mediocre voices.

So, understand that your vocal expression is a fundamental aspect of your personal development. A great vocal projection shows that you're used to people listening and loving the words that you say, because you're high status.

If you're really on point with your words, with a loud, clear, commanding voice, then people will think that simply this isn't new for you.

You can have a super car, you can own a nice house, or you can know that VIP. But these are not real high status signals. They can be fake.

On the other hand, you can't fake your voice. If yours is deep and powerful, everyone you meet will feel that on a subconscious level.

The 5 Secret Traits Of A Powerful Voice

What makes a voice powerful and high status?

Every commanding, powerful voice has five traits:

1. It is authoritative
2. It is clear
3. It is unaffected
4. It is interesting
5. It often breaks rapport

So, let's describe these five traits more in detail.

Your voice will be **AUTHORITATIVE**. An authoritative voice always expects positive responses, its deepness commands attention and it is loud enough relatively to the environment. In fact, as you may have noticed, the person speaking with the louder voice is often the higher-status person in the environment. See *finesse tip #3* in the back chapter of this book.

Your voice will be **CLEAR**. A clear voice cuts through the noise in the background. It is direct and makes your words heard clearly by everyone. The air is pushed through the diaphragm directly at the person you're speaking to, and you'll clearly enunciate every single word.

Your voice will be **UNAFFECTED**. You will speak your way, no matter who you're with. You may have noticed in your own life that a person tends to speak in different ways when he's hanging out with different people. Changing your voice is a low status behavior. People unconsciously adapt with each other's voice tones. In a conversation, *the person who changes his vocal characteristics both as the higher status person perceives the least*.

Your voice will be **INTERESTING**. When we are listening to someone talking, our brains always try to identify a pattern. This means that the brain tries to understand the way the person is talking, thinking "*Ok, this is how this person talks. I can relax now*". So in order for you to have an interesting voice, you will interrupt the pattern, changing your voice at different times. You will speak slower, sometimes faster, other times louder, higher or deeper. This technique *forces* the audience to pay attention to your

words, which will be considered more valuable and desirable. Remember that variety must be the spice of your vocal presentation.

Enunciation, intonation, applying stress in your voice at appropriate times in points you are trying to make and adding suspense with abrupt endings and strategic pauses in your story will all be covered in a later chapter to teach you how to grow and hold the intrigue of your listeners.

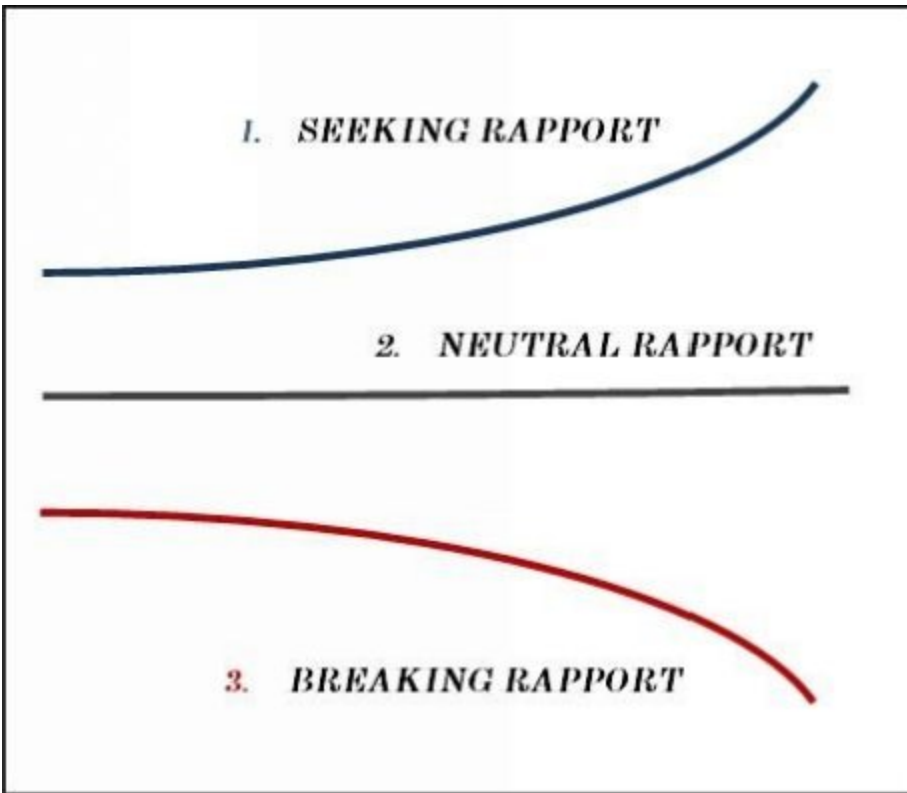
As an example, watch a few snippets of Christopher Walken in various characters. Listen to his voice pattern, notice how he keeps changing it up to hold interest. Through various characters that he plays, he can either amp this pattern up to be altogether surprising and invoking, or play it down to add mystery and even intimidation by keeping you guessing at the subtle meaning of his demeanor.

Your voice will often BREAK RAPPORT. Your voice can either seek rapport, maintain a neutral rapport, or break rapport. If you perceive a person as having higher value than you, then your voice will seek rapport with that person; if you think you two are on the same level, your voice will maintain a neutral rapport; if you perceive yourself as having the higher status, then you will often break rapport with that person.

Seeking rapport is trying for rapport and it's a low-status behavior. Your voice pitch goes upward as you're finishing a sentence, as if you're asking a question. You should NEVER seek rapport, because it clearly exposes your neediness. It isn't attractive nor influential, in particular with girls: banish this weak tonality from your life.

Neutral rapport happens when you're completely at ease with yourself and with the person you're talking to. The tone remains flat: this communicates that you perceive yourself as the same status level of the other person.

Breaking rapport is the higher status tonality. Your voice will come from a position of dominance and power. Basically, what this tone says is that you can go away and be just as good, if not better, at any time. This puts you on the higher value level, especially if you're talking to a woman. See *finesse tips #4 and #5*.



Focus on this picture right here: your vocal tonality should always remain in the area between the straight “neutral rapport” line and the “breaking rapport” one, no matter who you’re with. Obviously, if you’re talking to a girl, always maintain a playful vibe.

So, always remember:

1. Authoritative
2. Clear
3. Unaffected
4. Interesting
5. Break rapport

Read again the description of these five traits and as you go through them, I want you to think about people that you’ve met in your life, or characters you’ve seen in movies that have high status voices. Recognize these traits in their vocal expressions and you’ll notice that their voices have all the five characteristics at a foundational level.

You have learned the secrets of a powerful, commanding, strong voice.

You now know the five traits of your future high-status, value-giver voice.
Now, it's time to start the real *training*, with mouth and voice strengthening exercises.
Let's begin!

Voice Training - Mouth and Voice Strengthening Exercises

First thing's first, understand that *your voice is a muscle*. Because of that, you will be able to strengthen it and to make it grow as big as you want, similar to what happens with your biceps. To understand how this process works, check out the following chapter on voice and body mechanics.

It goes to say that by understanding how something works, you learn how to do more with it and do it better, such as your muscles if you're an athlete or your voice as a formidable speaker. When you're practicing, you'll know better what it is you're going for and what it's *supposed* to feel like. By practicing the right way every time, you'll see results and continual improvement much faster.

We're going to train your voice muscle in this chapter with some exercises, making it the strongest and most powerful it's ever been.

First of all, if you're a guy who naturally tends to talk quieter, I need you to understand this: you DON'T HAVE a quiet voice, you just trained up to this point to have a quiet voice.

See the difference? You simply have to train it the other way around now, making it deeper and louder.

Also, please understand that it's going to take you more effort to talk louder at first. A guy speaking EFFORTLESSLY with a loud and deep voice is perceived as having a really high status. In order to reach that level, you have to train it first. I promise you that the powerful, high value, commanding version of your voice will be pretty close and easy to reach with practice.

When you strengthen your vocal chords and muscles, talking a little bit louder in a noisy environment becomes easier.

So, I'm going to give you two great exercises. Do them sporadically during your day, without a fixed number of sets and reps. When you have some free time, do them: while you are surfing the internet, when you're having a shower, when you're cooking, while you're driving...

At first, you will be tired pretty soon. Relax, do other activities and then come back to the exercises.

Exercise #1:

Smile hard, squeezing your facial muscles, then push the air through your mouth, saying “*UH*”. Your lips should form a circle while you’re pushing the air out. You go back and forth, training your muscles to contract from one end of the spectrum to the other one. When you make that *UH* sound, push the air out with the diaphragm, right under the ribcage, contracting your abs. When you’re taking the air in smiling hard, expand your belly and breathe with this same muscle.

Exercise #2:

Same as #1, but now when you push the air out with the *UH* sound, you’re going to throw your tongue out. Your lips should form again a circle and your tongue should be in the middle of it. Squeeze the muscle of the tongue hard, throwing it out as far as possible. Always remember to use your diaphragm to push the air out, and to consciously contract the muscles of your mouth and face.

Doing them sporadically throughout the day, you will notice that your voice will become clearer and your resistance will be improved. As you progress, do more sets and reps.

Voice training research has shown that strengthening the muscles in your face and in your mouth makes your voice stronger and more powerful, and that’s what these exercises will do for you.

In order to gain a deeper voice, you have to take care of your body, in particular of the muscles of your torso; you’ve probably heard it referred to as your ‘core’, too. If you’re a rigid, uptight individual, your energy may be too high. Through the following exercise, you can ground out your energy, breaking up the tight muscular armor throughout all of your respiratory muscles in your belly and chest, and allowing your energy to drive much deeper, towards your sex center.

I got this whole idea by Elliott Hulse, a great strength and conditioning coach, who owns two YouTube channels where he used to explain these bioenergetic concepts in front of a camera.

His voice is incredibly changed after this single exercise.

Before, it was a “castrated” voice, because his energy never went lower than his chest, due to the presence of rigid muscles across the belly and the hips.

Long story short, his ability to breathe deeper – and mine as well – has allowed him to speak from a more grounded place.

Our voices now resonate within our body. I can feel the vibrations inside my thoracic cage, and you’ll feel the same.

So, you have to open up your capacity to breathe deep first.

You can do that deep breathing with your belly, keeping your mouth wide open and arching your back, reaching out backwards with your arms and opening your chest.

You’ll start shaking: don’t worry, it’s just your rigid body trying to fight this position. You’ll start feeling the tension in your rigid chest muscles.

You can also make deep, resonating sounds to help your body vibrate in order to break up some stiffness, especially in the belly. There are specific sounds you’ll find in the chapter on cultivating personal power that focus and intensify the resonance within your body to break up stiffness more effectively along with many other benefits.

Wearing no shoes, just bounce on your heels and start making deep, resonating sounds that come from your belly. Don’t forget to hold your mouth open and your arms wide! This will relax a lot of your throat, neck and chest muscles.

As your feet hit the floor, make a deep “UH” sound with your mouth open. Let the sound pass through your whole body. Feel the vibrations from the ground up to your throat. Focus on making the sound deeper and deeper. See *finesse tip* #6.

Now you know how to train and relax your voice muscles. Although the exercises are really important, there are other key factors that will make your voice so commanding and worthy.

Those factors are called *enunciation* and *suspense*, which you can find out about more in a later chapter.

To really master the finer techniques of these two attributes, it pays to do everything you can to strengthen your diaphragm and your mind. You'll also want to feel comfortable in your body in the subtle ways people don't typically think about, like what body language conveys about your state of mind and self-esteem. The next few chapters will cover the ways you can achieve just that.

Mechanics behind the Amplifier

Any professional who works with their body and really wants to manipulate it in a way that meets superhuman standards knows to start with the basics. For some, the basics come naturally and they don't have to work as much, but they still work hard at what they do. Now when it comes to dedication, regardless of natural talent, anyone can achieve these standards.

The eventual goal of reaching pro status is that you have trained so hard that what you do *looks* and *feels* natural, even though it started out challenging. Think about any sport that demands a high performance from the athletes. Soccer players make running around the field, cutting sharp corners with their feet and kicking the ball around opponents look easy, so easy even that perhaps it looks boring to a person who doesn't watch the game. The fact is though, they have trained so hard that their bodies are conditioned to the performance demanded of them. They have found their flow on the field.

X-games athletes are a prime example of people who have refined their skill to a point that inspires others to try simply because it they make it look so cool. Does anyone think about how many times they've fallen and gotten back up again when watching them do flips and land right in line to knock out another hypnotic move? No. The pro captivates their audience completely in the moment with their style and execution.

Professionals don't just know a wealth of information about a subject, they know how to apply it. They learn through training and experimentation of so many different ways to apply it that their own personal touch simply flows from them. What does this refining process look like, and where do you start?

The basic mechanics of learning how the body works lays the foundation for everything else. If an athlete wants to be able to jump high, they learn how the legs move and which muscles to use to get the most height. They learn the proper warm-up techniques to get the blood moving and muscles stretched for tapping into their full potential. And then they practice the jump, or the skill, over and over, keeping the mechanics in mind with every

execution to eventually hone it to the precision of a rocket shooting off into space.

Learning the mechanics of your body as a living amplifier is going to be the launch pad from which you propel your voice to the ease and manipulation of an undeniable toastmaster.

Breathing is the generating force for speaking, obviously. Air has to pass through your vocal chords for you to make sound. So it only makes sense that if you want a powerful voice, you have to get down to the basics of developing a powerful breath.

It all starts with the diaphragm and drawing your breath in deep toward the bottom of your gut, which you're learning to speak from here on out. For now, know that the diaphragm is the primary muscle for breathing. Expanding the upper belly when you inhale is how you can get to feel your diaphragm's movement and start working with it.

The diaphragm is such a key component to expressing yourself confidently that there is a whole section dedicated to its use in the following chapter on mastering the breath.

From the development of a strong breath, you've got your vocal chords to work with in the throat. These are actual tendons in your esophagus that stretch and relax like rubber bands. When air passes through them, they vibrate, creating sound – that's your raw voice.

Say "UH" from your gut with your mouth open. You will be able to feel the vibration in your throat, all the way down to your belly. Developing a sense for this vibration throughout your body is an indicator of your progress, so try to feel it at every stage.

How tight or lax the vocal chords are determines the pitch of your voice. When the vocal chords are tight, they stretch and create a smaller air space in the esophagus with less flex to vibrate off of each other, so your voice becomes high-pitched. When the vocal cords are loose and relaxed, they've got more flexibility and wobble room to generate a deep, bellowing voice that uses more of the body to resonate and amplify the sound you're making.

Think about a balloon filled with air. When you let the mouth of the balloon loose, it lets out a deep, warbling sound. If you fill the balloon with air and

pinch the neck of it out to the sides, the air passing through this stretched, smaller space emits a high whining sound. Your voice essentially does the same thing through the vocal chords.

Practicing the exercises throughout this book together will give you the well-rounded approach to develop your body and voice, and then learn how to manipulate them smoothly.

This dynamic nature of the vocal chords, as described above, goes to show that higher voices in males indicate signs of stress or anxiety on some level; it is basic knowledge that when a muscle gets stressed, it tenses up and sometimes remains that way (think of muscle cramps).

When we learn how to keep our muscles relaxed by working to stay stress-free in the mind, they can be trained to be more responsive with a better performance, which is the purpose of these exercises. This includes developing body awareness throughout, including the diaphragm, vocal cords, throat, tongue, mouth and nose.

Now that you've got the basics for fortifying your breath generator and developing a deeper resonance with relaxed vocal chords, let's talk resonance throughout the body. We'll take it in with musical instruments, since that's basically what the body is.

The acoustics of any instrument you blow air through, be it saxophone, trumpet, bagpipes, whatever, are determined by the shape and material of that instrument. Atoms bouncing off of each other produce sound. It travels faster and louder when atoms are closer together, for example in solids vs. air. What this means is that when you develop a healthy, tuned vocal system, your *whole body* is going to act as the amplifier for your voice because of its *resonance*.

Aside from the vocal chords reverberating off of each other, we're talking about your whole chest cavity, gut, the walls of your entire throat and mouth, as well as the sinuses in your skull. That's why the voice training exercises are so effective, because they work to loosen and open up all of these areas in the body. They're working to clear up your body as the resounding amplifier for your voice.

The more open and lax your abdomen, chest, throat, neck and head are, the more purified your voice becomes. It equals freed-up resonance for your

body to just do its thing. That'll get you as far as making the best caveman sounds of your life. "UG".

Now what about training that speech? Refinement puts a finishing touch on becoming a strong speaker. Enunciation and suspense are coming, so to really get the most out of them I'm going to show you how to use the tongue. Only muscle in the body not attached at both ends? The reason is because it's designed for versatility and eloquence.

The tongue can get stiff because the root of it is attached to the front of the throat and if the throat is tense, the tongue and jaw will tend to be so as well. That can leave a person mumbling and tripping over their words, losing the interest of their listeners.

By focusing on relaxing the throat and the root of the tongue, around where the tonsils are located, you loosen the deep-voice manipulation station. This is where enunciation in low but loud tones originates: from the back of the throat. Focusing on the shaping and movement of your words from this area will lead you to rolling words off the tip of your tongue and letting 'em fly.

The jaw is the gauge for the catapult of the tongue. You want to have a relaxed, free-moving jaw to belt the intonation of your voice in open, wide sounds and sharp consonants. To relax the jaw, focus on your cheek muscles. Tense cheek muscles and temples, which are also connected to the jaw, lead to people clenching their teeth and getting frontal headaches. You can use the breathing techniques to help relax these.

Another crucial muscle that frequently accumulates tension is the one that leads from just behind the jaw (up and behind where you find your tonsils), down the sides of your neck to the middle of your collar and breastbones. These pass closely on either side of the Adam's apple, which you'll want loose and relaxed to form those baritone and bass tones. These are also muscles that you might find yourself using too much if you're used to shallow breathing from your upper chest.

When it comes to sharpening your consonants, think of your "t's" as in "hit-ter" and "moun-tain". In association with the voice training exercises, get the full feel of your throat connected to your jaw. Accentuate your tongue flicking off of the back of your teeth, forming the each sound of the word, "MOWW-N – TENN".

Practice this at any available moment that is necessary. You won't be talking this exaggeratedly all the time but the more you practice this way, your enunciation muscles will be used to such movements to speak in a relaxed, clear and crisp way.

Tip: low voices resound best with open vowel sounds, such as "MO-OH-ST" (most), "BOO-OOT" (boot) and "CRA-OWW-DUH" (crowd).

Let's take "boot" as an example. The 'b' should come out punctuated from your gut, such as "BUH". Relax yourself and feel your body shake a bit as you say it. The "OOH" should swell up from this gut action through your chest and catch it deep in your throat like a responsive, stretchy net. It should feel the same as taking a deep breath and opening your throat wide to say "OOOO" alone.

Your cheek muscles, powered by a loose jaw, will close widely around the air escaping your mouth. The "t" will clip that airstream like the firm tap of a top hat symbol. Listen to any music with a full drum set (any rock for example) and listen for the "tss tss tss tss" or "tuh tuh tuh" in the background. They are light and crisp but definitive, like your "t's" will be.

When forming high vowels like "i" and "e", you'll want to feel it from the back of your throat, vibrating up through the back roof of your mouth and into the space behind the middle of your eyes. This is where the sinuses are located that help you to really enunciate your high vowels as well as "n's", "ng's" as in (king), and "h's" as in (hatch). If you have a stuffy cold or swollen sinuses, it's harder to pronounce these words clearly. Working the muscles to vibrate the sinuses by exaggerating your words will bring you to a brass delivery.

The chapter on enunciation and suspense will cover these last points and others in greater detail. Otherwise this concludes the basic mechanics of tuning your body's vocalizer. Practice messing around with enunciating different words and different sounds, keeping your awareness in how you are forming each part of the word with the various parts of your body.

Feel the upper belly rise, the power coming from the diaphragm, and the vibration from the core of your body up through your throat, head and face. After time, this will become how you speak at ease, and all of that power you've cultivated will flow out effortlessly: just like a true alpha male!

Mastering the Breath

The most intense physical exercises streamline to a core workout – that is, working your torso. The way our muscles and all other sustaining physical attributes of the body are designed, every movement originates from this core: it is our power center.

You'll also find that the highest quality workouts and exercises to nourish the body involve synchronizing the movement with the breath. Doing this increases our drive and strength, adding power and endurance to everything that we apply ourselves.

The body and the brain need a constant source of plentiful oxygen in order to perform at their best. Otherwise, the muscles in the body and organs, including the brain and our thought processes, will tense up. This tension leads to physical and mental stress. When we are stressed, our movements, ability to think and problem solve, to take control, to exert and express ourselves are all restricted. It leaves us living a life well below our true potential.

These reasons are why breath control, learning to breathe correctly and practicing breathing exercises are so important. It's the billows in the blacksmith shop from which we keep our passions hot to forge our lives as we see fit.

If you are feeling stressed out, do these exercises. If you find yourself in a mental funk and unable to verbally express yourself, do these exercises. If you want to build up your physical endurance, do these exercises.

If you want to develop your central source of power to fuel all other aspects of your life, do these exercises. You will amaze yourself with how well and capable you'll feel after cultivating what you already thought to be first nature.

I've already showed you how to perceive yourself from where you are now to where you want to be. *You are not a quiet person.* You have just been conditioned to be so. *Your voice is not naturally high.* It's that way because your voice is caught up in your throat from a combination of tight vocal chords, chest muscles, and not speaking from your gut.

Now I'm going to let you in on a little-known fact that will empower you for the rest of your life if you can commit it to your way of thinking – *NOTHING is permanent* and *ANYTHING can be reversed*. It's all about balance, my friend. Consistently feeling stressed? Need a restored sense of self-esteem? Have a chronic problem or issue in your life that you need to resolve? DO THESE EXERCISES.

Developing a healthy, powerful diaphragm and mode of breathing addresses all of these issues and more. It's so important. Doing these exercises directly works your solar plexus – the area between the bottom of your ribcage and navel – which is your source of will power and confidence. You can read more about it in the chapter on cultivating your personal power.

As a testament to this, you can find plenty of examples in older figurines and illustrations of Japanese Shoguns (lords) from dynasties like the Han and Ming that convey their power in the size of their belly.

From Western culture it would just look like these guys are bloated with huge potbellies, but the depiction was symbolic. The Japanese understood, much to this day, that a person's source of power and strength comes from the solar plexus, although in that culture it's known as the hara.

Men of Japanese culture naturally echo the voice training practices of releasing the “UH” sound from deep within the body when they speak. If you watch Japanese movies or TV shows in the native language, especially the older ones, their speech is loud, powerful and abrupt. It almost sounds intimidating, like they are always exerting authority when they are expressing an idea or when they want things done, but that's because when they speak they are speaking from their gut.

These breathing exercises are going to help you cultivate that strength for yourself, and thereby develop a sense of power that will captivate others when you speak. The fact that breathing is such a basic function of our daily lives is what makes this process so easy. That being said, it will take reminders and consistency from you to keep up these practices and really get the most out of them.

All of the following practices will require you to develop awareness for breathing with your diaphragm. The diaphragm is the circular muscle on a horizontal axis that lines the bottom of the ribcage, just below the lungs. It

contracts and expands in a cyclone shape, and is the reason our lungs fill with air at all.

If you've ever heard of someone "getting the wind knocked out of them", that's because they've been hit right in the solar plexus – where the diaphragm is located – and the air it was helping to hold in the lungs has been knocked out. When you breathe in, the lungs expand because the diaphragm expands, swelling our belly out – this is a sign to look for that you're doing it right.

When you exhale, the diaphragm relaxes and the air is forced out of the lungs through simply relaxing them and the diaphragm muscle. The belly will deflate with the exhale. There is no need to forcibly contract your ab muscles or diaphragm in order to exhale. The only time that may be required is in an advanced breathing exercise designed to strengthen your diaphragm and lung capacity.

If you're feeling tight chested or stiff necked, it's because you're not used to breathing from your diaphragm. There are several muscles in between the ribs and neck that help to expand the chest and throat, opening up the air passages for deeper breaths, although these muscles are only meant to support, not initiate breathing. Using them alone will stress and exhaust their capabilities over time, leaving you feeling exhausted more often and within shorter periods of time. This is what is known as shallow breathing.

Now that you know what to focus on when breathing – expanding the belly and the diaphragm just below the ribcage on the inhale, relaxing *everything* on the exhale – let's get into some exercises that will develop you into a readily dispensable source of power. After a while practicing, you will find that you are *always* relaxed and ready to respond, leaving your gusto to flow from you effortlessly.

Breathing Exercise #1:

Find a place where you can sit comfortably with little to no distractions.

Start breathing in through your nose and exhaling through your mouth at the regular pace that you normally breathe.

Focus on your solar plexus (upper belly) expanding with every inhale and deflating with every exhale.

Start focusing on deepening your breaths and developing a rhythmic pace so that the length of your inhales and exhales are equal.

After doing that for a couple of minutes, you will start to notice what areas of your body are holding tension because they will feel tight. Oftentimes these areas are found at the forehead, the number one area for where stress accumulates, which sits right in front of the mind.

If you're having trouble thinking of exactly what you want to say or solving problems most of the time, chances are your thought process could be held uptight, reflected by the tension in your forehead.

Other places where stress and tension commonly accumulate are around the nose, which would reduce the quality of your breathing, as well as the back of the neck, the throat and jaw, which would detract from the deep and rich tonality of your voice. The chest and back are other areas where stress accumulates and hinders your capacity to breathe deeply and fully, prevent you from getting the most out of belting a booming voice.

When you are breathing during this exercise and begin to notice the areas in your body that are holding tension, place your focus on these areas, one at a time, and "breathe into them".

That is, hold your focus on a particular area in your body, and during your inhalations, imagine that the fresh air is going directly into this place to fill it with healthy oxygen and blood. Essentially that is what the body will do.

The body listens to what the mind tells it on subconscious levels. That's how we accumulate stress from the mental to the physical, and *in reverse*, that's how we can use these exercises to get rid of it. The mind is that powerful. And once you learn how to operate on these subtler levels, you can use your mind to do amazing things – with your body and otherwise.

Continue to breathe deeply in a steady pace, breathing from the diaphragm, expanding and deflating your belly, and "breathing into" the various places of tension in your body, one at a time.

You can do this exercise for 15 to 20 minutes, but at least for 5 to 10 minutes in your day, whenever you have a short break. The more, the better.

Focus only on your breath and the areas of tension in the body during this time.

You can always go back to the thoughts of what else is important in your day after you're finished; they'll still be there. Dedicate yourself fully to the moment when you're practicing so that you get all it has to offer. The more you practice, the easier it will be come.

Breathing Exercise #2

To become a good speaker, you have to be able to hold large amounts of air so that you can exert your voice in all the right places and speak swiftly without having to draw in more air in the middle of a sentence.

This exercise will train you to hold air in from your diaphragm and release it fluidly. Many people when holding their breath tend to hold it in their chest or throat, tightening those muscles and cutting off their natural flow. By holding air in from your diaphragm, the rest of your muscles will be relaxed, ready to give full resonance to your voice.

This exercise sees a lot of variants among people who teach it. The method is the same but the increments of time differ. I'll provide you with two common variations here. It will take a little getting used to. From that point if you still haven't found a pace that suits you, you can go online to search for other variations of different time increments or experiment with them yourself.

The first pattern is: 4-2-6-2

This means that you will inhale for 4 seconds from your diaphragm, hold your breath from your diaphragm for 2 seconds, exhale steadily for 6 seconds by relaxing your diaphragm then hold your diaphragm here at the bottom of your exhale for 2 seconds.

Repeat this pattern for a minimum of 5 minutes, going as long as you'd like. Your focus should be on your diaphragm, counting the seconds, and smooth transitions from the holds to the breaths.

If you're holding your breath anywhere but your diaphragm, your exhale will sound like bursts of air releasing from a valve under high pressure. What you should be looking for is a steady flow like the movement of

hanging scales going back and forth. In other words, no hang ups; smooth movements from one direction to another.

You will start to feel it in your abdomen after some time, and perhaps at first 5 minutes of this patterned breathing is all you can do. That's fine. Take breaks to do other things then come back to it. Stick with it, you'll notice results in no time and progress quickly.

Another pattern is all 3's:

Inhale for 3 seconds, hold for 3 seconds at the top of the inhale, exhale for 3 seconds, hold for 3 seconds at the bottom of the exhale. Repeat.

While the first pattern caters a bit more to the way we normally breathe, this pattern of 3's will bring your focus and attention much closer into the breathing and working your diaphragm. Because the increments are shorter, there is a lot more movement going on. It's like the jogging version of breathing exercises.

Because these increments are so short, it does not necessarily mean that you will be taking in full, complete breaths every time. They do not need to be power breaths. Inhale at your regular pace at first rather than trying to inhale to full lungs within 3 seconds every time.

Once you've gotten comfortable doing that and start feeling the strength in your diaphragm after some practice, go ahead and attempt to inhale and exhale fully between the 3 second holds for 3 minutes straight. However, be warned that you **MUST** build up to this stage, otherwise you may feel dizzy and lightheaded. It is close to being a controlled method of hyperventilation, so respect its power in association with your present boundaries. Once you build up and get comfortable with it, you can try to go for longer.

Breathing Exercise #3:

This exercise is designed to really open up the airways in your nasal passages and head. You'll be relaxing the muscles behind your sinuses, which, if you don't know, are natural cavities in your skull that contribute to the resonance of your voice. When people have colds or sound nasally and stuffed up it's because their sinuses are filled with fluid and/or the muscles

surrounding them are tightened or swollen, affecting their resonance capabilities.

This method is very simple.

Start by finding a comfortable place to sit with little to no distractions.

Using the pad of your thumb, cover your right nostril.

Inhale deeply through your left nostril, then use your diaphragm to hold your breath for a moment.

Cover your thumb over your left nostril now and exhale through the right nostril.

Repeat this process for as long as you can, up to 5 minutes.

You may find that this exercise is difficult to sustain at first, especially if you are already experiencing some facial congestion. In fact, it's not recommended that you try this if you do have congestion.

Otherwise, it's a simple starting point that your nasal and facial airways leading down into your throat need to take time getting used to. It could be that they are constricted, especially if you are used to breathing through your mouth. That's perfectly normal, just give it time.

By practicing this method consistently, even if for just short periods at a time, you will be encouraging your body's entire airway system to clear and expand for a deeper, momentous voice to come through.

Congratulations badass, you're now equipped with the simple methods that power volumes into your lungs, your entire body via the solar plexus and sex center, and subsequently your outstanding voice. Not to mention these techniques are going to help you to stay healthy as well as stress and worry free by using them at those crucial times when you feel it most.

Now that you've engaged your breathing power, you'll need to know how to channel it properly. In order to do that, you need to understand how your body's energy system works so that you can train it for exactly where you need it in your life. That's up next.

The Secret to Cultivating Personal Power

I'm going to do you a favor here and let you in on the best kept secret about developing personal power. You can thank me later after putting it to practice and reaping the rewards.

This section of the book is dedicated to working with the chakras, which you may have heard about already. The reason it's the best kept secret is because, although knowledge and practice with the chakras is worldwide and spreading, the reason everyone isn't doing it is because some people's grasp on the value of them is misunderstood.

Chakras in the body are nothing more than energy centers that are located in specific places along the spine, from the tailbone to the top of the head. Think about it, people are talking about energy all the time: "I could use more energy," or "I would go out but I just don't have the energy."

Red Bull, those 5-hour energy drinks and coffee chains across the world are making a killing because people need a sense of alertness to function throughout their day, especially during that afternoon lull at work.

Even just 30 minutes a day of physical exercise greatly helps to keep things moving and give you more energy. You have to maintain the body and mind if you want them to work for you and keep you running.

So where does all of this energy come from, and how can you get it for free? It's running all throughout our body like blood work, and each chakra is a generator station to keep it moving, just like the heart keeps the blood pumping.

Cardio exercise works the heart to maintain a healthy blood flow, getting oxygen to the muscles and brain so that you can stay relaxed, responsive and sharp-minded. It's free, it can be done anywhere and in a lot of different ways as long as you're keeping your heart rate up for 20 minutes or more.

The exercises in this chapter are like cardio for the chakras. It's exercise just like building muscle or learning a new skill. You can only honestly expect results after practice and consistency, so get into flexing your energy muscles! You treat them well and they'll treat you back multifold. You'll feel stronger, more confident, comfortable, and capable than you ever did before.

The chakras each have individual characteristics that deal with a number of things that make you up, from specific organs in the body that help fuel you through your day and exploits, to personality traits and a certain height of awareness. This awareness has to do both with what's going on around you, picking up how to tap into others in the right social setting, as well as the self-awareness that we've been talking about throughout this book.

Although there are 7 in total, I'm going to cover the first 5 chakras here. That takes us up all the way to the throat, which deals with communication and expression. You'll find that based on their location, the other characteristics of each of these chakras will make sense intuitively, which will make it easier to know which ones to focus on.

The following descriptions of each chakra, excluding the top two (Third Eye and Crown), are outlined to give you a better understanding of where the energy for our specific traits comes from.

If you find yourself lacking in one of these areas, then you know which chakra is under performing for you and can place your focus on working that specific chakra. It's always a good idea to place attention on all of them regardless, just to keep you well rounded.

Base or Root – 1st Chakra:

- Located at the base of the tailbone
- Foundation level of everything we need to focus on for daily life, which is:
 - Staying organized
 - Feeling grounded, calm and comfortable in the body without fear or anxiety
 - Routine habits
 - Bone and physical body health
 - Basic needs and a sense of materialism
 - Balance and stability to stay energized throughout the day
 - Momentum to get everything we need done in the day

Sacral – 2nd Chakra:

- Located a few inches below the navel, between the tops of the hips
- Not the source, but the storage place of our creativity and sexual energy; these characteristics are one in the same, so if you've got a huge libido that can't be satisfied, take on some projects to express your creativity and balance yourself out.
- Energy center from which your passions originate; passionate expression
- Ability to adapt to situations effortlessly
- More willing to take risks
- Polished sense of charm, adding persuasiveness to your words and actions

Solar Plexus or Navel – 3rd Chakra:

- Located a few inches above the navel, just under the rib cage and diaphragm
- This is one of the big ones to focus on. You could think of it as the place where your hidden potential for success lays dormant, waiting to be discovered. Here's why and what it involves:
- Sense of high self-esteem
- Sense of being in charge of all situations you're able to control
- Clarity and wisdom
- Keeps your emotions balanced and regulated
- Allows you to feel satisfaction in your life
- Works with Sacral chakra in transforming creative potential into making things happen for you through the Laws of Attraction
- Source of Confidence – key descriptor of this chakra
- Ability to take on challenges
- Sense of being in control of yourself and your life
- Playfulness and a good sense of humor

Heart – 4th Chakra:

- Located in the center of the chest
- Involves the heart and lungs; power engines behind the thrust of your vocalizer
- A healthy heart chakra eliminates fears of being hurt or unworthy
- Promotes and harmonizes a healthy flow of energy throughout the other chakras and the whole body
- Deals with:
 - Love and relationships
 - Improved friendships
 - Ability to love and be loved
 - Self-control, balance
 - Promotes worthiness, honor and respect to yourself and others
 - Genuineness and ability to trust; that is, developing an awareness of people and trusting them to be themselves without getting taken advantage of, trusting the process of life, and trusting yourself to make decisions that will benefit you and others
 - Getting connected within life at large

Throat – 5th Chakra:

- Located in the throat and neck area, just above the top of the breastbone
- Involves the throat and upper lungs, jaw, arms, and airways of the throat, including the vocal chords
- All about your right to speak and be heard
- Allows you to create true and stable relationships
- Provides insights into the connection between ourselves and others, life as a whole.
- Helps remove jealousy, regrets, and feelings of guilt
- Allows you to be yourself without having to compare yourself to others (true confidence)
- Controls health, knowledge and decisiveness

- Deals with creativity, especially for professions involving public speaking for example, also music and artistry.
- Provides strength of character in the conviction of your words, beliefs and actions
- Encourages diplomacy; easily finding solutions and compromises in times of conflict or argument
- Promotes confidence in verbal expression with related and appropriate body language

Working with each of these chakras will boost the qualities that they pertain to so much that they will simply flow from you, attracting others to your overall composure or how well you carry yourself.

There are verbal exercises to practice that address, activate and improve the state of each of the chakras. Just like your muscles and your brain, if you don't work to keep the chakras active their strength can diminish, leaving you feeling insecure, out of sorts, and frequently low in energy. When they're out of balance, one or more can also become overactive and cause you to be over expressive in any particular area.

Now, practicing these verbal exercises is going to do a few things for you. It will work to widen, deepen and strengthen your voice as well as your facial, throat, chest, and abdominal muscles. It will boost your lung power and the power of your voice. It will bring clarity to your thoughts and words. It sharpen and fortify your intentions, will power, presence among others, confidence, and following through with your word, which earns you respect.

Each of the chakras has a particular word that activates it. These words are short and simple, coming from the Sanskrit language of 5,000 years ago during which the concept of the chakra system originated. For something to last so long throughout history and still be popular around the world to this day, there must be something significant to it.

These specific words have been proven to resonate with the chakras' respective frequencies or energy levels. Saying them out loud creates physical vibrations in your body, just like saying "UH" in the voice training

exercises described in the earlier chapter. The difference between the voice training exercises and these is that you are not flexing or forcing anything; the goal is to relax completely.

These vibrations stimulate the chakras and open them up so that energy can pass through them freely, empowering you on multiple levels. The vibrations also break up stagnancies in your blood circulation and organs, helping to detoxify your body and leave you with more energy to confidently go after what you really want in life.

The chakra chants are as follows: (The “a” in each of the words is pronounced like the “o” in “hot”; the “m” is pronounced, “ng” like in “king” with the lips closed).

Root – “LAM”

Sacral – “VAM”

Solar Plexus – “RAM”

Heart – “YAM”

Throat – “HAM”

Each chakra builds on the strength of the one before it, much like a pyramid. So it’s important to start by working with the Root chakra. All you need to do is sit comfortably, focus on the location of the chakra you’re working with (bringing in that awareness again), and work into a relaxed, deep-breathing rhythm. Once you have that, on the exhale of each breath, draw out the sound of the word for the specific chakra you’re working on.

It’s important to employ the breathing techniques you’ve learned so far in these exercises; breathe from the diaphragm, try to keep your chest and throat muscles relaxed, and inhale through your nose.

The way the words are formed, they will encourage you to get use from the full range of motion of your mouth and throat muscles. The “a” in each of the words will open your mouth and throat wide. Fluidly sliding your voice into the “ng” sound of the closed “m” in each of the words directs the power of your solar plexus, breath, and sounds of your voice into concentrated vibrations that resonate throughout your whole body, down to the bone.

Remember, you can't expect to crunch out a set of curls to work your biceps then move onto a different muscle group and still see significant results. It's important work on one chakra at a time, anywhere from 10 to 20 minutes according to the method above. You can do this multiple times per day or for longer periods as you progress, but starting out it's best to reserve one day for each chakra.

This is how athletes and body builders develop such tone in their muscles: focus on one muscle or group at a time. So for example along with "Tuesday's for arms and back," you can make Tuesday for the Root chakra, Wednesday for the Sacral, etc.

Now that you have a basic understanding of the chakras and how to tap into them, you are equipped with the basis of cultivating and maintaining the greatest sense of power – personal power. Once you have it, no one can take it away from you. Opening the chakras up is the equivalent of tapping into your true potential for success and fulfillment, and it will take you a stature of life you wouldn't have even dreamed possible.

The Power of Enunciation and Suspense

We saw how having a clear voice is so significant. The exercises in the previous chapter will make your voice stronger, but that's not enough. Sometimes, your words will not be clear because you are thinking or worried about other things while you're talking.

BE AWARE of the clarity of your words. Knowing the five traits of a powerful voice will help you bring awareness to your social life. You will hear the voices of your friends or coworkers, your boss or your favorite actor with different ears. When YOU are talking with your new powerful voice, be aware of your enunciation.

If your words are not clear, be aware and SELF CORRECT. Don't judge it, it's normal and will probably happen, especially at first. If you're talking to someone and you notice you're off, use your awareness and *over-exaggerate*, just for a moment, some of the words that you're saying. You will be back on track in a few seconds, talking with your great enunciation once again.

A great method to practice clarity is by looking up various tongue-twisting phrases or creating your own. Enunciate them very slowly at first, purposefully saying the sound of every letter made in every word. When you have a firm grasp of this pace to where it *feels* easy throughout your whole vocal system, practice increasing the speed of these phrases gradually.

You will know that you are at a good, challenging pace to work with when you maintain a tempo that has you pronouncing most of the phrase with pristine clarity while still making mistakes for about 20 to 30 percent of it. Once you whittle that down so that you have a 100% well-formed phrase that speaks from the gut, increase your speed a little more.

Of course, once you can whip out a tongue-twister like drawing a gun a from the hip to shoot your mouth off (so-to-speak) with impeccable aim, you're ready for a new challenging phrase to take on. Your speech in real time is going to change up, so you need to practice the different combinations of tricky sounds. Tongue-twisters are not typically alike from

one to the next, so different ones are going to exercises different movement patterns with your tongue, limbering it right up.

These are the steps that will work your enunciation up to comfortably changing pace and speed in your speech, adding further interest by playing with the tempo and creating suspense.

If you're talking to a lower status individual, being clear and breaking rapport will be very easy. But if you're talking to a Robert Downey Jr. for example, chances are that you'll find your words confused and messy because you perceive him as higher status than you.

Now that you're aware of how a high status voice works, this sort of vocal awe and subjection loses its power. You can now move to the next level of context and understand that it's just your perception: it's all in your head, and the person who you're talking to actually wants YOU to be high status, because everyone wants to be around high status people.

That's exactly why you should be sharing this book. Your friends and others will benefit from informing them about it, so that more people can bounce off and influence each other at a higher level.

So always be aware of your voice and speak the same in your own unique dialect in every single situation.

There is no situation where you should not be pushing that badass voice out of your oral chops!

Keeping the audience interested is also another important point. We saw that a powerful voice is always *interesting*. Every time you're telling a story, pause for a moment when you reach a high emotional spike. Adding suspense at specific points will make your story way more interesting to the audience, which will be more curious about it and about YOU. Refer to the scene in the movie Reservoir Dogs when Tim Roth's character has to learn how to tell a storyline.

Practice this skill and learn from your mistakes. Play with the pauses and see the reactions of the audience. If you're pausing at the middle of a sentence, you may notice one kind of negative reaction like confusion or a loss of interest, whereas pausing at specific high points in your stories will show you how powerful creating and holding tension really is.

Creating DESIRE in the audience will skyrocket your perceived value in their eyes.

Also, in order to engage people while you're talking, use a wide range of animation in your facial expressions and body gestures, speaking up to that body awareness again.

Don't do it all the time, but only in the right moments. There are various cultures around the world that are very expressive with their hands, the Italian culture being one of the most notable. You can search on YouTube for videos of all kinds of Italian native conversations for example, whether they be movies, TV shows (soap operas just to really illustrate the point) or conversational videos usually used to help learn the language.

You don't have to be interested or try to get involved in the content of the media, just observe how they use their hands and bodies to accentuate what they are saying. You almost don't need a translation to understand their message, which is what enunciation and clarity are all about. This is creative research. So, you can get ideas of how people express themselves differently and perhaps adopt a few methods. People do it all the time by subconsciously observing each other.

When you practice just to get the feeling down, you'll eventually develop your own expressive movements that just feel natural. When you're acting naturally with an outward, impressive expression, you can easily focus on the clarity and creative delivery of what you want to say more often, especially in the spontaneous moment. Spontaneity is another valuable element in the 'Interesting' division of the 5 powerful traits (and the 'Authoritative' division, depending on how you wield it). It's not something you think about to employ, it's what arises out of your character when you don't think.

Put it all together and it's dubbed charisma. Each one of us has a charismatic flow to who we are inside of us. Now that you're picking up on the tools and techniques to find and hone your flow, you'll find the response of your listeners to be more active. You'll be engaging them in a genuineness that's potent and attractive.

I'm Italian and that's easy for me: Italians always gesticulate and that's funny, because we can literally talk with our gestures. But you can learn

pretty quickly how to use *smooth and controlled* gestures to add some drama to your stories, too. And that's powerful, because they emphasize your clear, strong words even more. Not to mention: girls love it.

Don't go too big with your arms movements. Keep your gestures basic and clear, use them only as a support to your vocal expressions. Don't be rude or harmful. Move slowly: low status people move quickly and fidgety, they're not comfortable, they don't believe in themselves.

Be comfortable sharing all your emotions with the world in a dominant, relaxed way.

Remember to keep everything smooth and controlled, don't go too big or try hard to get attention.

Finesse Tips for a Polished Delivery

Finesse Tip #1:

“Voice is one of your most important sub-communications – that lets people know what status level you perceive yourself as.”

“And from now on, remember this: “the world tends to accept the judgment YOU place on yourself”.”

“Are you talking aloud because you think you’re worthy and people should hear you? Or are you talking quieter, because you don’t believe in yourself, in your value?”

When you ask yourself these questions, and you should, thinking about them will lead you to a deeper understanding of confidence and what you think of yourself. When you learn more about yourself and get deeper into what truly feels right to you, you create this stock of confidence and appreciation.

The finesse comes in how to hone in on that right touch of potent confidence with plenty of reserves to get a smooth-flowing tap going. From that point you can make a differentiation between speaking loudly and speaking confidently.

People can talk “loudly”, but that doesn’t necessarily mean they’re important, confident or influence others positively. It could just mean that they are loud talkers, talking just to talk, or talking to get attention. You know the secrets of how a person’s verbal expressions and body language say more about them now. Speak confidently from knowing yourself and listening to others by their words and actions.

When you are able to read people you will know the way to engage them that makes no compromise for how you believe in yourself and creates exciting, attractive conversation. Your sense of confidence from all the things you like about yourself will smooth out any concerns you may have about how to establish rapport with somebody. This works for any setting:

business meetings and presentations, interviews, asking for raises, public speaking, engaging people in social places, and relationships of all sorts. The list goes on.

Adjusting with the subtle gauge of each setting means you are not changing or compromising yourself, but you are meeting the moment and synchronizing with it (sometimes instantly, sometimes openly walking in with your own fresh mix and blending it). Adaptability means that you know how to read a social situation and present yourself in way that contributes, communicates a certain openness, and adds the touch of your genuine self you can't fake. There are many ways that you can carry yourself, call it your personal spectrum of expression.

When you find out more about yourself, your spectrum grows with all the ways you can express it. Try out different ways that might feel right to you. Experiment and have fun with it. You may be surprised with how far out there people can get by being their true selves and still lead in presence and self-respect because they walk their confidence. People notice this. Women definitely notice this, and it attracts the genuine ones. They want this. So give it to them.

Be the example. Illustrate that confidence is more important than volume. Even quiet and soft speakers can wield appeal and command of a conversation. Give a throwback to the man Christopher Walken in the movie "Suicide Kings". Anthony Hopkins is another contender of supremely hush magnetism that knows how to exert himself at the right moment with a burst of energy and enthusiasm. No need to mention the Godfather. And that's exactly the point. We already know him. And if you don't yet, you will.

These are examples to help give you an idea of what subtle confidence looks like, although they're not examples to emulate. The power to become a strong speaker comes from knowing yourself, knowing what you want to say, connecting dots from what is relevant in the current conversation and leading along with how you decide to contribute.

In association with the breaking rapport rule, finish your speeches and stories definitively; as a complete thought; and oftentimes but not all the time with a punctuated emphasis. It marks your place in the conversation

and your words in the memories of the people you're speaking with. Avoid finishing a thought by trailing off or ending a great point made with a retraction of your confidence by saying, "something like that" or "that's just how I feel, I don't know..."

Eye contact is another compelling use of body language. Start taking notice of where people's eyes are when you're speaking with them or vice versa. If they're not looking directly at you when they speak, the conversation becomes distracted, less inspiring and even off-putting that they can't match the intention of their message with focus on the person they're talking to.

On the other hand when you're speaking with a person who is making direct eye contact with you, they are intentionally grabbing your full attention. When you know how to use your eye language effectively, it is a mark of being authoritative. This goes for both listening and speaking skills.

When establishing rapport with women your eye language plays a huge factor. It is play, it is a game. The game is to give and receive intentional glances between each other without staring at them or looking down or away shyly. That is largely a turn off. It's so much more attractive to women to engage with someone who makes good eye contact, even if they're not entirely able to themselves. Try it out, play the game with different approaches. See what works and what doesn't. You've really got nothing to lose and so much to gain from experimenting, learning and practicing.

All of these variations, executed mindfully, add interest that radiates from the full body of your character, your thoughts and ideas, and how you articulate them. That is richness.

Finesse Tip #2:

"Who else in history had great voices? Political leaders, world-class actors, every leader in general. When you exhibit your inner badass voice, people tends to associate leadership qualities and potential with you."

Want to know just how much a powerful voice is linked with leadership and a strong character? There is a nearly century old international organization

known as Toastmasters that is dedicated to helping people develop themselves into better leaders by becoming distinguished public speakers. Club meetings take place with several chapters across the nation and around the world to visit or become a member. You can find out more about them through their website.

The fact is that in order to really get the most out of practicing your skills, you have to practice in a hands on environment that's going to challenge you. Doing the foundational work at home or wherever you find comfortable will get you only so far. Seek out open mic and public speaking opportunities as often as you can, just for the chance to hone your skills.

You don't have to expect to be perfect every time. In fact it's best that you do not place expectations on yourself at all because it will take away from the concentration on your speech and execution. By focusing on these alone, just as you have done at home, you eliminate over thinking.

When your mind is focused on the basic tasks at hand, the rest of your character is free to naturally accentuate the rest of the speech in accordance with the 5 traits and other tips mentioned throughout the book. You will not be thinking them, you will be doing them, or just simply being you, unleashed in striking display.

Without expectations on yourself or your performance, you'll free yourself from stressing about doing a good job. When you are not stressed, you can relax. When you relax, you will always give a better presentation. It also comes with a healthy sense of humor about yourself. That adds charm. So when you've got it, use it.

Find public, in-person forums, venues, and events and other appropriate settings that encourage volunteer speakers. The only pressure on you is that which you put on yourself. So, do yourself a favor and have fun with it. People learn best when their having fun. Your experience will be more memorable, and rather than reflecting on where you went wrong, you can congratulate yourself for having done it and learn where you can improve on different levels.

Finesse Tip #3:

“Your voice will be AUTHORITATIVE. An authoritative voice always expects positive responses, its deepness commands attention and it is loud enough relatively to the environment. In fact, as you may have noticed, the person speaking with the louder voice is often the higher-status person in the environment.”

Again, there’s a difference between being loud enough and being boisterous (over the top). A commanding vocal presence doesn’t forcefully impress itself to be heard, it is heard because it is assertive. It makes a point through statements, commands and questions that are relevant, insightful and instructional.

It also still remains sensitive to an appropriate degree of others’ thoughts and feelings. By combining an authoritative command of speech with the recognition of how to treat others respectfully, you gain their trust.

Being a strong speaker goes hand in hand (not foot in mouth) with being a good listener. Consider watching political pundits on T.V. squawking at each other loudly. This is an example of people thinking that just speaking loudly adds validity and status to what they are saying, but no one is actually listening to the other, so it ends up sounding like a bunch of chickens clucking in a hen house. If everyone tried this method, eventually someone is going to lay a fat egg.

Being authoritative is a quality that requires finesse and takes time to master. This is why you see so many effective leaders typically being older in age. They have had plenty of repetitious opportunities to practice and really step into the authoritative role under many different circumstances, working through the challenging times without losing face.

What is it that helps prevent you from losing face? Refer back to finesse tip #1 on “walking your confidence”. Know your stuff when you’re talking about it, leave it open to question and admit when you don’t know something for certain, and stay true to your word every time.

So be mindful with your words as often as possible, say what you truly mean, and always keep your promises. If you’re asked to promise something you know you can’t keep, don’t make it. Despite what you may

think, staying well-founded in this way, which should be unchanging, adds to your authoritativeness, reliability and the trust others have in you.

A few other reasons you tend to frequently see older people as leaders is because not only have they learned how to assert themselves with various types of people in a group (confidence and adaptability), there is a maturity aspect to being authoritative. It means that you are less likely to act out, make decisions under the influence of, or otherwise get carried away by your emotions.

I'm not referring to the dispirited leaders that appear to be all-calculating and devoid of applied passion or enthusiasm. I'm referring to being grounded, aware, and in-touch enough with your emotions so as not to be triggered by a difficult, stressful, or unexpected person or situation.

You can use your emotions subliminally or animatedly to great effect, as long as you are centered in a well-founded sense of calm and confidence. The emotions you transform into tinges and highlights for your self-expression at appropriate times. This means being light with them and always ready and available to let go of them at any time. The calm and confidence, which you can always come back to by subsiding your emotions, are what convey your stability as an authoritative figure.

Authoritative does not mean authoritarian, overbearing or intolerant of others. Be smart. Be respectful without letting yourself get tread on. Hold your ground, but open yourself to the table so that others may get to know you better and be heard.

Being a powerful speaker does not mean you are talking all the time. People are more inclined to listen to a person who listens to others. Through years of teaching conversational English as a foreign language, I've had to engage business professionals on all levels of language fluency. The classes were designed to get students to talk 70% of the time while I guided them through exercises and concepts by talking 30% of the time.

Because of the varying levels of fluency, I've also had to adapt the language that I used (since the classes were entirely in English) so that the students (business men and woman) could best relate to what was being brought to their attention. This means that sometimes I would have to use layman terms or find multiple ways of saying the same thing for beginner and

intermediate students to make sure that we reached a mutual understanding. Using smaller words and less colorful language considering my group members didn't make me any less authoritative or interesting in this case. In fact, it made me more authoritative because I was effectively reaching people on their own level.

To make sure that you are reaching others in discussion, it's good practice to ask concept-checking questions. This gets your listeners to show their comprehension by relaying alternative information based on what you've presented to them.

Another way to reach people and keep them engaged is by concept-checking yourself, using the people's words with your own in a way that shows you've been listening. Rephrase what they've said and add your own interpretation to open up the conversation.

This will also help establish rapport and gain trust with your listeners because you are showing your value for them. When people feel they are valued, they will naturally want to share that value with you and regard you with a higher respect, which gives you power. This is an attribute of people who are of a "seeking rapport" and "neutral rapport" status.

Once you've explicitly show that you've heard others, you can pace yourself with a strong stride in speech to steer the conversation with your own voice.

A powerful leader is appointed by others, not self-proclaimed. A self-proclaimed leader will quickly lose power, pushing people away because they are trying too hard to stress their importance.

A powerful leader is appointed or recognized as such simply by their strong presence. They have the finesse to allow the power to given to them with the confidence of "take it or leave it", because they will be confident despite what others think of them. This will bring us right into finesse tips #4 and #5.

Finesse Tip #4:

"Breaking rapport is the higher status tonality. Your voice will come from a position of dominance and power. Basically, what this tone says is that you

can go away and be just as good, if not better, at any time. This puts you on the higher value level, especially if you're talking to a woman."

If you are trying for dominance and power, it may work for a time with people who don't pay much attention to these subtleties and are easily intimidated, but this is not power. This is an example of being the lord of the flies.

When it comes to women, if you're acting dominant in way that says "I'm on a higher level than you, so I'll be good with or without you", there's no doubt that you will attract plenty of women, however it's going to keep bringing you women that have low self-esteem because they're seeking rapport and need that stronger person. And then you'll constantly have to deal with that and all the issues that come with it, time and time again. It may be fun for a while, but you'll end up getting tired of it.

On the other hand if you exude your dominance through a confidence that says, "Hey, I'm me, take it or leave it, I'll be good with or without you." – That automatically puts you at a high value level because you value yourself, and that's where it all begins.

Like who you are, change what you don't like, and be open but don't change yourself for anyone just because they want you to be a certain way. In other words, be on top of your game, always pardon yourself when you make a mistake but never apologize for who you are or what you see in yourself as right.

Forgive yourself quickly for mistakes you make. Admit to them and learn from them. By dedicating yourself to this process, growth will come to you on swift wings. You will avoid the obstacles and hang-ups of guilt and regret. Of course, it is a process, so be reasonable and patient with yourself while you're learning.

The more that you resist, the more time you will spend learning this process rather than learning the gifts and insights it brings about being a better, more confident and worthy you.

When you learn to be truthful and honest with yourself in every way, you intensify your sense of confidence. The guesswork and doubt are removed from the equation. When you are honest with yourself, you are practicing

self-worthiness and the strength of your word as a bond with your intentions.

When you have that, your capabilities of being honest with others improves. Remember the qualities of the solar plexus, heart and throat chakra centers or refer back to them, because they apply greatly here. When you can be honest with others and follow through with that word, your reputation as being reliable, authoritative and respectable skyrockets.

What we're talking about here is developing the resilience and relationship of your word being bond by following through what you say with effective action. This may be difficult when starting out and that is perfectly ok, so work at it from the angle of restricting more of what you say as an absolute until you have cultivated the credible standpoint for yourself to reflect the truth. You'll feel so much better and empowered in your life when you do, you'll wonder what you had been doing up to this point.

Start working on yourself first and gradually implement those changes into your social interactions. This will lay a strong foundation for your character that will not falter. It will only grow in clandestine strength until others notice and associate it with your character as you have for yourself.

It all begins from you tending to the roots of your development. As was mentioned before, the more dedicated you are to this process, the faster and greater results you'll see. The fruits of your labor become the commanding attention and opportunity you draw to yourself from others, as well as the capability you develop to effortlessly manifest and navigate these situations.

There is much more bounty to reap from this. It will help to develop the right perception about these fruits for the ease of your progress by knowing and understanding that they cannot be forced. They arise from happenstance of all the effort you've put into it.

This kind of dominance over yourself attracts stronger people and women with a strong, attractive character that carry themselves as you do.

Finesse Tip #5:

On a closer perspective of finesse tip #4, while the theory of breaking rapport holds true, trying for dominance control will appear standoffish and

make a person look pompous. Any self-respecting person you talk to will quickly lose interest and walk away if you try to convince them of your dominance by saying or acting like it without living it. And self-respecting people are naturally stronger. The dominance as a personal quality comes from knowing yourself and what you will tolerate.

The finesse here is that you feel so good about yourself in a light way that you can walk away and be just as good anywhere. It's the confidence of not needing the power or dominance over others that is actually what gives those things to you. In other words, you hold your own.

So what truly earns you respect when breaking rapport is giving your full attention and engagement while you are speaking with that person, making eye contact, and then making your leave with a short but smooth and polite verbal departure. You actually leave a sense of your own genuine self-confidence with that person, which will make a strong impression on them that you want, leave them feeling good, interested and wanting more.

Finesse Tip #6:

“As your feet hit the floor, make a deep “UH” sound with your mouth open. Let the sound pass through your whole body. Feel the vibrations from the ground up to your throat. Focus on making the sound deeper and deeper.”

This is a finesse tip for technique in mastering and channeling the power that comes with voicing from your gut and vibrating that sound throughout the whole of your body. It's really actually very simple. In future sessions with the exercise described above along with other exercises in this book that work with the diaphragm and throat, change the tone and pitch of your voice from varying deep levels to various high levels of sound.

Mastering this powerful technique with light, easy going vibrations gets your body used to making all sorts of sounds at the ready. It adds to the “interest” and variation of your speech. It also enriches the “unaffected” trait of a powerful voice because it gets you used to responding in different ways so that you will never be caught off-guard. You will always be able to respond with a strong, sturdy voice regardless of the varying pitches you start.

Conclusion

Now, take a moment to internalize all the information you just read in this short, but intense, guide.

Read again the five traits of a powerful voice and then practice with the exercises.

Remember that you have to TAKE ACTION in order to become a leader with a deep, strong voice: make sure to implement the exercises and the tips you learned here in your daily regimen.

You won't wake up one day with a deeper voice out of nowhere. If you are consistent to your commitment, I promise you that in less than seven days you will see results.

When you can talk clearly and make others hear your interesting stories in a loud party... well, that's really a great feeling. You will feel more confident among others and your reputation will skyrocket.

I hope you can live the transformation I lived. You really become another person.

Voice is a real signal of high status: it's easy to spot and you can't fake it.

You can fake having a big house, a sick car or an expensive watch. But your voice and your vocal tonality will always reveal the truth.

I want you to make it a habit to stay in the area between neutral rapport and breaking rapport, because that's where high status behavior and attractiveness are.

Thank you again for investing your time, energy and money in *Voice Training*.

If you take immediate action, you will be rewarded with a ton of value in your life.

UNFORTUNATELY, a strong voice isn't always matched by a strong, badass body language.

Imagine a man with a deep, powerful voice that can attract a girl and gain respect by other men, but he always stands in a weak way, sits like a shy,

little boy and can't express his full character to the world. THAT could be you!

Body language is so important, that I decided to give you a free preview of my book *Body Language Training*.

You'll find it in the next chapter, so go ahead and read it.

Enjoy your gift!

Finally, if you enjoyed this book, then why don't you leave a review on Amazon, just like all the other customers did? Your opinion is important in order to make this guide better and better. I really appreciate your feedback!

Good luck my friend,

Robert.

PS: do you want my best tips and proven techniques for attracting, seducing and literally make her crazy for you?

Then, you should [click here](#) right now!

Or you can click on this link: <http://bit.ly/7UntoldSecrets>

What are you waiting for? It's a **FREE BOOK** just for you!

Believe me, badass: this sh*t will change your life, you won't regret it!

Preview of “Body Language Training”

The 10 Principles of High Status Body Language

Now I will show you different high status body language positions and principles.

First of all, understand that as a high status man, you will always make yourself comfortable first, wherever you go. That's not a selfish behavior, since it will give everyone else around you the permission to relax, feel good and be comfortable too.

#1 principle: take up more space.

Low status people tend to make themselves small, invisible, sitting or standing in an uncomfortable way. They are not sending their energy out to the world, because they don't see themselves as high status people: in their mind they're not worth it.

They're closed on themselves. They're hiding from the outside world. This is apparent by crossing their legs or squeezing them together when they sit. They cross their hands in their lap or arms over their chest, slumping their shoulders or neck forward, or looking down.

You, on the other hand, will think that your energy is so valuable that of course you're willing to share it with the world, so you're going to open yourself and take up more space.

Spread your legs and your arms: be comfortable!

There have been several studies done on the primal nature of our natural body language and what that message conveys to the world. They observations have been unanimous and synonymous around the world, not just in the human kingdom but the animal kingdom as well.

Open, wide body poses and positions are far more reflecting of dominance. They also portray confidence and personal comfort. When you are comfortable with yourself, it shows because you are less reactionary and more responsive; less tense and more relaxed. This has a natural effect to confide and calm others around you. They will feel it from you and tend to adjust themselves accordingly, following your lead.

Closed off body postures such as the ones described previously send messages of insecurity, unworthiness, discomfort, and lack of confidence. This especially goes for people who tend to touch the neck area, which is a severe sign of insecurity or feeling unsafe, whether just by themselves or in their surroundings. These people tend to be less successful simply because they do not think of themselves as successful. It might seem that it's the other way around – they do not think themselves successful because they are less successful overall – but this is not true.

Anyone who puts their full effort into something and sees it through to giving their all, whether they fail or actually succeed in the end is still a success. Investing in yourself to be the best person you possibly can be is the most successful move you can make.

If they fail at first, it's necessary to keep trying and try in different ways. If multiple earnest tries in one way simply do not produce any results, it's necessary to change up the approach and try again from a different angle. Doing the same thing and expecting different results is Einstein's explanation of insanity.

These people who carry themselves in a closed off way have not tried, give up after a few attempts or have not put their full effort into trying. They tend to make excuses for themselves. The real reason they are considered low status is because their thoughts put them there, but this doesn't make it true about them. They always have the potential to change and amaze.

Another interesting principle that has arisen out of university research on the effect of certain body postures is the hormones in the body that are stimulated differently based on the different poses. In order to illustrate the results of these findings, you should first know about cortisol, the “stress hormone”, if you don't already.

When we feel mental or physical strain, it can be from any number of different stimuli, although mental stress ultimately always results because of that particular viewpoint that regards something as “stressful”. By seeing it another way, the stress is removed.

When we do feel stress, the production of cortisol is triggered. It is closely associated with the emotions of fear and anxiety. It deals with the adrenal glands, designed to assist the body and primitive mind in survival with an

extra surge of potent energy. The problem is that this energy is not lasting, and the body must recuperate from the excess secretion of it.

A build-up of cortisol in the body is often due to prolonged or unresolved stress. If left unchecked, it causes detrimental effects. Stress remains in the body, affecting the performance of the muscles, as well as straining and cramping them. Excessive cortisol can keep you anxious and frustrated. If prolonged for long enough time it can begin to damage other important organs and systems of the body, such as seeing the dystrophy of nerves. This can leave a person suffering from excessive amounts of cortisol to develop further, more serious complications. It adds to a constant feeling of pain and discomfort.

Physical exercise has been proven time and time again to reduce cortisol levels. Go out for a 20 minute walk at the very least and notice how different you feel afterward. 20 minutes of cardio significantly reduces cortisol levels. What else reduces cortisol? Power poses!

Standing over a table with your palms flat on the table and arms wide, leaning in forward a bit is a great power pose. Sitting back and opening your arms, folding your hands behind your head is another one. Sitting with wide legs and open arms is another still. Standing with your legs slightly wider than your hips and your hands on your hips with your arms out at your sides is known as “the superman” power pose.

These wide, open and confident poses have actually been proven to stimulate the production of testosterone in both males and females. Testosterone helps to reduce cortisol and increase serotonin production – the “happy hormone”. It also adds to a boost of confidence.

Experiments have been done by having people practice these power poses for two minutes before taking mock job interviews that they were unaware of being staged. Another group was asked to hold a closed off, insecure pose for 2 minutes before such an interview.

From the results of the interviews, it was observed that the people who held insecure poses were not any less-qualified candidates for the job, but they were remarked as being less appealing candidates because of their quiet or withdrawn manner.

The people who had held power poses two minutes before the interview were noted as being engaging, confident, a pleasure to talk to, as well as interesting and appealing enough to be asked in for a second interview or be offered a job.

So when it comes to figuring out how you are used to carrying yourself, use the body awareness you've developed and simply ask yourself: "am I closed or open right now?"

You'll know the answer: take action and open up the positioning of your body.

#2 principle: show your crotch.

Dominant men who attract, seduce and fu*k a lot of girls, have no problem showing their sexuality to the world.

So, don't be afraid to draw attention to the crotch region of your body while you're sitting. Open your legs, maybe put a hand in that region to subconsciously draw attention there; showing a nice belt can help you, too.

Aren't you proud of who you are?

Aren't you proud of your body and your incredibly energetic, attractive sex drive?

Always show your pride: be a MAN, be proud of your sexuality.

What's more than that, be a GENTLEMAN and express your raw maleness with a refined candor.



This is George Clooney. As you can see, he clearly knows how to show his crotch!

#3 principle: slow down your movements.

Move slower!

Low status people move quickly and fidgety, they're not comfortable, they don't believe in themselves.

From now on, you'll cut your movements in half.

When you're walking, when you're turning your head, whenever you're moving your body around, do it slower, in half the time you do it right now.

Why? This directs the appeal of more intention in your actions and movements. People seek rapport with others who are intentional with their actions as often as possible because these people reveal a conviction of knowing what they want and where they'd like to be. That spells security: security in oneself, one's way of conducting themselves to others, and an overall security in their life.

Moving slower and speaking intentionally slower gives you more time to think about your exact actions and words with what you want to say. The more accurate and concise you can be with your actions and words, the more steadfast you appear to others. You'll also feel more confident with yourself and what your own desires and beliefs are.

Moving and speaking slower also helps you to get the bottom of what your true desires are so that you can bring those into the world and share them with others.

As the saying goes, "Think fast and speak slowly".

#4 principle: be non-reactive.

Don't react to something outside of your reality. When you're talking with a girl and you hear a siren or a noise, do not turn your head. Stay focused on her and she will feel your masculine, dominant power. She won't look at the source of the noise and she will stay in the moment, following your high status behavior.

This principle speaks to others previously made in the book about being responsive over being reactive. Being reactive means that you just run with a feeling that was triggered within you. That, or jump into action or a train of thought without contemplating your next move, words, or the consequences that may or probably will arise from them in the bigger picture. Often being *reactive* in a situation can lead to further trouble or complications.

Being *responsive* means that you remain grounded in your central sense of conviction for yourself and your confidence. You may feel emotions triggered within you due to some situation, but you allow them to pass through you or channel them in some other way rather than get carried away by them in thought, verbal or physical reaction.

When you're responsive, you take your time to reply to a situation or stimulus mindfully and appropriately. You develop an ability to handle situations with ease, command, and a sense of humor.

Also, be aware of your fidgety movements and correct them: maybe you're touching your hands, or you're moving your feet as a sign of anxiety.

Stop doing that. Be still and relaxed.

#5 principle: lean back.

Learn to lean back most of the time.

Remember that leaning in is a really low status behavior. Learn to make people, especially girls, feel a subconscious urge to lean towards you, simply by leaning back.

This little trick will change the whole dynamic of your conversations, giving you the power of a badass.

This also means that when you're walking or just standing, you will have your shoulders up and back and your chin up. Just a masculine, healthy posture.



Look at this picture: who is perceived as the highest status person here?

Berlusconi is relaxed, he's leaning back and his legs are crossed.

Obama is leaning forward, his hands are closed, as well as his legs.

The answer is clear, right? This time, the Italian wins.

If you're talking to a girl in a loud club (or whatever loud place) then move slowly, lean in, whisper your words into her ear and then go back to leaning back. This will make her come to you whispering in your ear: that's how high status men communicate in loud places, without leaning in in a low status way.

If you want to know the other principles and the great exercises in order to train your Body Language, then [click here](#).

What if I told you that with some tips, your standing position could become a real sign of POWER?

What if after reading this short guide, you will be able to attract the girl you want, just sitting in a DOMINANT position or walking like a real badass?

Trust me, body language is really that powerful.

You should already know that human beings are constantly reading situations and other people so that, really quickly, they can know what category put them in: low status, middle status, and high status.

It's just a survival mechanism, because you have to know who has the power and who hasn't. That's something that's been hardwired into us over thousands and thousands of years.

So, most people don't trust words, because we've been taught from a young age to lie with them.

They prefer to read those status cues through the body language: THAT is the honest signal!

High status body language = high status person.

It's that simple, and we trust it.

Once we make the decision or opinion about that person, it's almost impossible for us to break it.

Therefore, your body language is the UNSPOKEN TRUTH.

When you have a high status body language, people conclude that you are in CONTROL of your own reality.

Remember this, my badass friend:

"The body follows the mind, but the mind follows the body even more."

Keeping a high status body language will make you have a high status mindset all the time: this can CHANGE YOUR LIFE for the rest of your days.

Now, this is what you'll discover in Body Language Training:

Why a High Status Body Language Is So Important For Your Life...

The 10 Foundational Principles of High Status Body Language...

My Best Tips and Tricks for Always Displaying a Powerful Body Language...

The Secret Badass Body Language Training...

What Your Walk REVEALS About You...

How To Make Sure She Finds Your Walk Sexually Attractive...

How To Get An Incredible Confidence In Your Walk...

...and much more!



Amazon.com link: <http://amzn.to/1Ph36f9>

PS: wanna know my best tips and proven techniques for attracting, seducing and literally make her crazy for you?

Then, you should [click here](#) right now!

Or you can click on this link: <http://bit.ly/7UntoldSecrets>

What are you waiting for? It's a **FREE BOOK** just for you!

Believe me, badass: this sh*t will change your life, you won't regret it!

Check out my other Training Books!

[Eye Contact Training - How To Attract And Seduce A Woman, Increase Your Confidence And Become A Leader](#)

What if I told you that with some easy, powerful exercises you can get a deep, high status eye contact in just a few days? It would change your life, right?

Well, IT CHANGED MY LIFE. When you can handle the tension of a deep eye contact with everyone, you feel invincible. When you can handle the eyes of your boss, staring directly at them with confidence, then you'll stop feeling like his slave.

And with girls... damn, keeping a high status eye contact with girls it's completely GAME-CHANGING.

The techniques I show you in this book will make them chasing for your attention: they are so powerful, that even HOLLYWOOD ACTORS use them.

People will start doing things for you, they will start looking to you for decisions and, for the most part, they'll simply do whatever you say.

Remember this, my badass friend:

"With great eye contact comes great power, and with great power comes a lot of pussy."

Now, here is what you'll discover in Eye Contact Training:

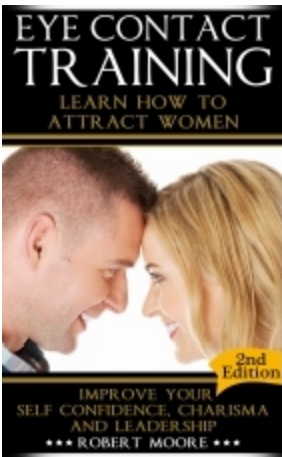
Why a high status Eye Contact is so important for your life...

What a high status Eye Contact exactly is: one simple trick to deep, powerful, relaxed eye contact...

How to command complete control of your eyes and your attention: this SCREAMS high status to anybody watching...

Eye Contact Training: how to OWN your internal tension - Specific practices and exercises to train you how to handle tension inside and outside...

... and much more!



Download it now at a special price!

Amazon.com link: <http://amzn.to/1MtxaiN>

Confidence Training: - Become An Alpha Male by Mastering Your Confidence, Self Esteem & Charisma

Confidence is one of the most important traits to master if you want to succeed in your life.

While you decided to bet on yourself, most men out there are going to continue on their boring lives, controlled by their emotions, like weak little leaves in the wind. You will not.

You're meant for greatness, and I hope this guide will help you reach your goals and transform your life.

In fact, for some guys, mastering their emotions and becoming truly confident will be their graduation from little children to ALPHA MALES. Because from now on, your emotions will work for you, instead of the other way around.

I'm talking about pure, unshakable confidence, which means untouchable indifference and emotional mastery at its finest.

So you can finally start ENJOYING and LIVING LIFE like the king you know you are, staying cool, calm, and collected, no matter what life throws at you.

I'm talking about you finally being able to ask that girl out that you've so desperately wanted to.

I'm talking about you walking straight up to your boss' office and demanding that raise that you deserve (the right way) and getting it within the snap of a finger.

I'm talking about you finally being able to take on ANYTHING that life throws at you, without even flinching.

I'm talking about complete and utter state control over your emotions, for good.

I'm talking about laser-like focus, allowing you to get done in a day what most people get done in a month.

Let's get you going – you're ready for this!

Download it here at a special price discount!



Amazon.com link: <http://amzn.to/1L4wxZy>.

[Communication Skills Training: Learn To Powerfully Attract, Influence & Connect, by Improving Your Communication Skills](#)

What can you do to train yourself into a badass speaker? How can you get the kind of responses you want from people?

With Communication Skills Training, you will learn to:

Spark a conversation and keep it **FLOWING** in any direction you want...

Build a heart-pounding emotional connection by triggering **DEEP** rapport...

Be completely **FREE**, **UNCHAINED** and **UNLEASHED** in your thoughts, words and actions!



Amazon.com link: <http://amzn.to/1OYEyo3>

If the links do not work, for whatever reason, you can simply search for these titles on the Amazon website to find them.

PS: wanna know my best tips and proven techniques for attracting, seducing and literally make her crazy for you?

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